

Have you ever wondered if there was an easy way to taste the sweetness of success? Have you ever looked at the successful people around you and wanted to be just like them? Well, I can tell you this: Hard work is the one and only way for a person to be successful. I believe that if I want to achieve my goals, I must work very hard towards it. My swimming coach often says, "If you choose to slack during training, it is better for you to stay at home and not come instead". Not putting in any effort will not benefit a person at all. Through my experiences as a swimmer, I have realised that there is no easy route in life and there are no shortcuts.

When I was young, I did not enjoy swimming training as it was too tough for me then. I would find all sorts of excuses to skip training. For example, I would claim that I had a huge amount of homework to do, or that I was feeling tired that day. My mother would then allow me to stay at home and skip training. When I trained, I often slacked and did not push myself hard. I wanted to become faster, but disliked working hard. I had no goals for myself, and was just swimming for the sake of it. Because of this attitude I had, I did not improve much and was very slow compared to others.

My wake-up call came when I competed in the School Nationals Competition. There, I witnessed how fast people my age were and from then on, I told myself that I needed to buck up and start training harder. I set new targets for myself and tried my very best to achieve them. With this new motivation that came from within me, I started pushing myself harder and chose not to slack during trainings. Instead of the usual twice a week training, I trained six times a week instead. It was definitely not easy keeping up with this training schedule as it was much more tiring and caused me to have muscle aches sometimes. However, as the days spent training increased, my passion and joy in swimming increased too. Blood, sweat and tears were the price to pay, just to improve by one second. Yet, every single drop of it was worth it when I swam my personal best timing in the recent competition. To me, that was the best reward I could have asked for.

As I think back, I realized that only by working hard can I improve on my timings. Of course, I have faced setbacks and obstacles but I know that these are just stepping stones to success. The most important thing is to stand up again and overcome them. Working hard is the only key to success. Though it may be difficult to have the discipline to work hard, I can promise you, the sweetness of success later in life will definitely be worth it.

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